





# February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>American Heart Month</b></p>  <p>February is American Heart Month! Get your tickets for our Heart Month Fundraiser on the 13th or donate \$1 towards the American Heart Association &amp; have your name displayed on a heart in our hallway!</p>		<p>1</p> <p>10:00 Watercolor 1:00 Exercise</p> 	<p>2</p> <p>8:30 Yoga <b>Thx Maplewood</b> 9:30 Iris Folding <b>10:00 Meditation</b> 10:00 Zumba 1:00 Line dancing 1:00 Bridge <b>1:00 Low Vision Support</b></p>	<p>3</p> <p>9:00 Men's Group 9:15 Bridges Together begins at AES <b>9:30 Bingo with Coastal Connections</b> 12:00 Game Time 1:00 Shopping</p>
<p>6</p> <p>9:00 Wii 10:00 Art Class 12:00 Monday Movie 1:00 Exercise 1:00 Tablet Support Group 1:00 Mah Jongg 2:00 Computer Instruction</p>	<p>7</p> <p><b>Brown Bag</b> 9:00 Busy Needles <b>10:00 Reverse Mortgages Seminar</b> 10:00 Health Nurse 11:00 Blankets for Kids 12:15 Bingo</p>	<p>8</p> <p><u>9:00-3:00 Foot Care</u> <b>9:30 Diabetes Self Management Program</b> 9:30 SHINE 10:00 Watercolor 1:00 Exercise</p>	<p>9</p> <p>8:30 Yoga <b>Thx Maplewood</b> 9:30 Iris Folding <b>10:00 Meditation</b> 10:00 Zumba 1:00 Line dancing 1:00 Bridge 4:30 COA Board Mtg</p>	<p>10</p> <p>9:00 Men's Peer Social Group 12:00 Game Time 1:00 Shopping</p> 

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<p>13</p> <p>10:00 Art Class  <b>11:20 Sponsored lunch;  Thx Merrimack Valley HC</b>  12:00 Monday Movie  <u>12:00 Cookbook Club</u>  1:00 Exercise  1:00 Tablet Support Group  1:00 Mah Jongg  2:00 QiGong Meditation  2:00 Computer Instruction  <b>4:30 Heart Fundraiser</b></p>	<p>14</p> <p>9:00 Busy Needles  10:00 Health Nurse  10:00 Book Club  <b>11:00 Hearing Clinic</b>  11:00 Blankets for Kids  12:15 Bingo</p> <p><i>Happy Valentine's Day</i></p>	<p>15</p> <p><u>9:00-3:30 Taxes</u>  <b>9:30 Diabetes Self  Management Program</b>  9:30 SHINE  10:00 Bereavement Group  10:00 Watercolor  1:00 Exercise  2:00 Tai Chi</p>	<p>16</p> <p>8:30 Yoga <b>Thx Maplewood</b>  9:30 Iris Folding  <b>10:00 Meditation</b>  10:00 Zumba  <b>12:00 Birthday party</b>  1:00 Bridge  1:00 Line dancing  <b>2:00 FCOA meeting</b>  6:30 NAMI</p>	<p>17</p> <p>9:00 Men's Group  9:00 Legal Clinic  12:00 Game Time  1:30 Shopping</p>
<p>20</p> <p><b>President's Day  CLOSED</b></p> <p></p>	<p>21</p> <p>9:00 Busy Needles  10:00 Health Nurse  11:00 Blankets for Kids  12:15 Bingo</p>	<p>22</p> <p><u>9:00-3:30 Taxes</u>  <b>9:30 Diabetes Self  Management Program</b>  9:30 SHINE  10:00 Bereavement Group  10:00 Watercolor  <b>11:20 Sponsored lunch; Thx  Country Rehab Ctr.</b>  1:00 Exercise  2:00 Tai Chi</p>	<p>23</p> <p>8:30 Yoga <b>Thx Maplewood</b>  9:30 Iris Folding  <b>10:00 Meditation</b>  10:00 Zumba  1:00 Bridge  1:00 Line dancing</p>	<p>24</p> <p><u>9:00 Breakfast with the Chiefs</u>  9:00 Men's Peer Social Group  12:00 Game Time  1:00 Shopping</p> <p></p> <p><b>Thank you to the  Police Officers Association  for sponsoring our  Breakfast!</b></p>
<p>27</p> <p>9:00 Wii  10:00 Art Class  12:00 Monday Movie  1:00 Exercise  1:00 Mah Jongg  1:00 Tablet Support Group  2:00 QiGong Meditation  2:00 Computer Instruction</p>	<p>28</p> <p>9:00 Busy Needles  11:00 Blankets for Kids  12:15 Bingo</p>		<p>Unable to use the van on  Fridays for  Grocery Shopping at  Market Basket?  Stop n Shop &amp; Vermettes  are available options,  Mondays through Thurs-  days 8:30am-3:30pm.</p>	<p><b>*NEW CLASSES*</b></p> <p><b>QiGong Meditation</b>  Mondays @ 2:00pm  \$5/Class  Free trial class on 2/13</p> <p><b>Tai Chi</b>  Wednesdays @ 2:00pm  \$5/Class  Free trial class on 2/15</p>